

Personal Development Curriculum Map												
Lesson	Y7 - Managing Change - tutor	Y7 Managing Change - curriculum	Y8 - Proud to be Me - Tutor	Y8 - Proud to be Me - curriculum	Y9 - Essential Life Skills - Tutor	Y9 - Essential Life Skills - curriculum	Y10 - Rights & Responsibilities - Tutor	Y10 - Rights & Responsibilities - Curriculum	Y11 - Sexual Health - Tutor	Y11 - Sexual Health - curriculum	Y12 - Relationship Values and Consent	Y13 - Employment and Responsibilities
1	Getting to Know People	What is PSHE?	Careers & Aspiration	Employability & Enterprise Skills	Resilience: Failure to Success	Assertiveness	Consumer Rights	Instagram & TikTok Generation	Peer on Peer Bullying	Fertility and What Impacts it.	Types of Relationships	Sixth Formers and Employment Rules
2											What is Discrimination & Prejudice?	Meaningful Professional Relationships
3	What is a community?	Careers and Your Future	The Importance of Happiness	Proud to be Me.	Labour Market Info	Saving and Managing Money	Employment Rights	Targeted Advertising	Alcohol, Parties & Bad Choices	Importance of Sexual Health	What is Prejudice (About Relationships)	What is Professional Conduct
4											Consent, Sexual Norms and Expectations	Confidentiality in the Workplace
5	Transition Points in Your Life	Sleep and Relaxation	Exploring Careers	Self Esteem & Media	Finance, Budgeting & Employment	Social media & Online Stress	Exploring a Paycheck	What is Marriage?	Respect, Love & Relationships	Revisiting Contraception	Consent Around the World	The Gig Economy Explained
6											Police Investigation of Sexual Assaults	Bullying and Harassment in the Workplace
7	Pressure, Influence and Friends	Financial Education	Careers assembly	What Makes me Angry?	First Aid - guest speaker	Exploring Careers and workplace skills	What is tax?	Rights & Responsibilities	Sexual Health Clinics	Revisiting STI's		Striking + Trade unionism
	Y7 - Puberty and Body Development - tutor	Y7 - Puberty and Body Development - curriculum	Y8 - Physical Health and Mental Wellbeing	Y8 - Physical Health and Mental Wellbeing - curriculum	Y9 - Body Confidence	Y9 - Body Confidence - curriculum	Y10 - Mental Health and Wellbeing	Y10 - Mental Health and Wellbeing - curriculum	Y11 - Your Future and Beyond - Tutor	Y11 - Your Future and Beyond - Curriculum	Y12 - Relationship Values and Consent	Y13 - Sexual Health and Self-concept
8	Personal Hygiene	Intro to Puberty	Types of Bullying	Health & Wellbeing	How Self-Esteem Changes	What is a Penis?	Screen Time	Child Sexual Abuse (CSE)	Exam Stress & Anxiety	Screen Addiction & Studying	Getting Home Safely	Skills to Manage Transitional Life Phases
9											Planning a Holiday & Safety	Body Image and Pressure to Fit in
10	Self-Esteem	Puberty (Girls focus)	Healthy Eating and Cholesterol	What is Mental Health?	HBT - Bullying	What is a Vulva?	Promoting Emotional Wellbeing	Common Types of Mental Health	Post 16 options	Social Media Vs Real Life	Importance of Basic First Aid	Appearance Vs Reality

11											Crime & Emergency Services	Body Modifications	
12	Tooth Decay & Dental Hygiene	Puberty (Boys Focus)	Stress Management	Positive Body Image	Media and Airbrushing	Dealing with Grief and Loss	The power of sleep	Self-Harm	Writing a CV	UCAS vs. Apprenticeships vs. Employment	Assertiveness and Alcohol	Revisiting STI's	
13											Alcohol & Impact on Reputation	Importance of Sexual Health	
14	Alcohol & Risk	Growing Up and FGM	Social media and mental health	Child Abuse	Struggles in school - Helping teens	Cancer Prevention & Healthy Lifestyles	Anxiety and the stigma around it	Suicidal Thoughts & Feelings	Writing a Personal Statement	The Future of Work	Drink Spiking & intoxicated Drivers	Sexual Health Misconceptions	
Lesson	Y7 - Friends, Respect and Relationships - Tutor	Y7 - Friends, Respect and Relationships - Curriculum	Y8 - Identity, Relationships and Sex Education - Tutor	Y8 - Identity, Relationships and Sex Education - Curriculum	Y9 - Sex, the Law and Consent - Tutor	Y9 - Sex, the Law and Consent - Curriculum	Y10 - Exploring Relationships and Sex Education - Tutor	Y10 - Exploring Relationships and Sex Education - Curriculum	Y11 - Staying Safe - Tutor	Y11 - Staying Safe - Curriculum	Y12 - Bullying, Abuse and Discrimination	Y13 - Parenthood and Contraception	
15	What Makes a Good Friend?	Consent and Boundaries	Being Yourself & Self-Love	Introduction to Relationships	FGM & the Law	Why Have Sex?	Campaigning Against FGM*	Unhealthy Relationships & Sexual Violence	Online Reputation & Digital Footprints	Cosmetic & Aesthetic Procedures	Gaslighting + Emotional Abuse	Routes to Parenthood	
16											Coercion in Relationships	Unintended Pregnancies + Options	
17	Friendships & Online Relationships	Respect and Relationships	What is Love?	Sexual Orientation	Sexual Consent	What are STI's?	Sexualisation of the media	Sexting Nudes and inappropriate pictures	Virtual Reality & Live Streaming	Substance Addiction	Forced Marriage & Honour Based Violence	Fertility - What Impacts it.	
18											Harassment & Stalking	Pregnancy & Employment Law	
19	Being Positive	What Does it Mean to be a Man Today?	Dealing with Conflict	Periods & Menstrual Cycles	Relationships & Partners	Domestic Abuse & Domestic Violence	Pleasure & Delaying Sex	Online Pornography (Myths vs Reality)	Festivals & Nitrous Oxide	Violence Against Women	How to De-Escalate Social Situations	Menstrual Charting	
20											Child on Child Abuse	Revisiting Contraception	
											Culture and Diversity in Britain		
	Y7 - Staying Safe Online and Offline - Tutor	Y7 - Staying Safe Online and Offline - Curriculum	Y8 - Law, Crime and Society - Tutor	Y8 - Law, Crime and Society - Curriculum	Y9 - Legal and Illegal Drugs - Tutor	Y9 - Legal and Illegal Drugs - Curriculum	Y10 - Violence, Crime and Seeking Safety	Y10 - Violence, Crime and Seeking Safety	Y11 - Adult Health and Looking After Yourself	Y11 - Adult Health and Looking After Yourself - Curriculum	Y12 - Healthy Lifestyles and Mental Health	Y13 - Financial Choices	

21	Staying Safe Online	Avoiding Gangs & Criminal Behaviour	Desert Island living.	Criminals law & society	What is a Drug?	Different Types of Addictions	Social Media Validation	Honour Based Violence	Love & Abuse	Teenage Pregnancy Choices	Cervical, Breast and Testicular Cancer	Budgeting at University	
22											What do Vaccines do?	Salary Deductions from a Payslip	
23	Energy Drinks & Caffeine	Online Gaming, Grooming & Addiction	Building community spirit	Law making process in the UK.	Exploring Illegal Drugs	Drug Classifications	Keeping Your Data Safe	Forced Marriages & Breast Ironing	Parenthood for Teenagers	Testicular & Prostate Cancer	How to Recognise Different Illnesses	Trading and Investment Over Time	
24											Maintaining a Healthy Diet on a budget	Consumer Rights in the UK	
25	Knife Crime and Safety	Nicotine & Smoking	Decision making & constitution.	Prisons, reform & punishment	Young Hackney Assmbly on Drugs and Alcohol	Party Drugs & Illegal Drugs	Causes of knife Crime	Online Gambling	Organ & Blood Donation	Cervical, Breast and Ovarian Cancer	Balancing Life and Work	Understanding Rental Contracts	
26											Recognising when others Need Support	Being Financially Savvy	
											Anxiety, Depression, Eating Disorders	Problematic Gambling	
Lesson	Y7 - Celebrating Differences Tutor	Y7 - Celebrating Differences - Curriculum	Y8 - Equality and Diversity Explored - Tutor	Y8 - Equality and Diversity Explored - Curriculum	Y9 - Contraception and STI's - Tutors	Y9 - Contraception and STI's - Curriculum	Y10 - Exploring World Issues - Tutor	Y10 - Exploring World Issues - Curriculum	Y11 - Revision Skills	Y11 - Revision Skills	Y12 - Media Literacy and Digital Resilience	Y13 - Forming Respectful Relationships	
27	What is your Identity?	Breaking Down Stereotypes	Rights Across the World	Equality Act & Gender Equality	Introduction to Contraception	Treating STI's & GUM Clinic	Peace, War and Conflict	International Organisations			Managing Online Safety and Privacy	Importance of building relationships	
28											Online Reputation	Importance of Family and Friends	
29	Importance of Being Kind	Prejudice and Discrimination	Ableism and Disability Discrimination	LGBTQ+ What is it?	HIV & AIDS	Contraception - Methods Available	Aid & Supporting Countries	What are Human Rights?			Importance of Networking	Online Dating and Personal Safety	
30											Media Literacy & Digital Resilience	Exploring Emotional Intimacy	
31	Learning Disabilities	Challenging Islamophobia	Removing Barriers & Equality for All	Racism & Discrimination	HIV - Discrimination & Prejudice	Sexual Harassment & Stalking	Fairtrade & Free-Trade	Striking & Trade Unionism			Critical Media Literacy Skills & Fake News	Managing Toxic Friendships	
											Photoshop, Airbrushing and Social Media	Power Differences in Relationships	

											Extremism and Radicalisation		
												Breaking up Relationships	
	Y7 - Politics and Parliament - Tutor	Y7 - Politics and Parliament - Curriculum	Y8 - Dangerous Society Online and Offline - Tutor	Y8 - Dangerous Society Online and Offline - Curriculum	Y9 - Combating Extremism and Terrorism - Tutor	Y9 - Combating Extremism and Terrorism - Curriculum	Y10 - Exploring British Values - Tutor	Y10 - Exploring British Values - Curriculum	Y11 - Revision Skills until study leave	Y11 - Revision Skills until study leave	Y12 - Work, Careers and Pathway Choices	Y13	
32	Why is Politics Important?	The Role of the Prime Minister	Cyber-Bullying	County Lines & Gangs	Conspiracies Theories & Narratives	War & Conflict	British Values & Identity	Critical Thinking & Fake News			Preparation for the Workforce		
33					Anti-Semitism in the UK						Being Ambitious with my Careers Goals		
34	How is our Country Run?	Politics, Debates and Parliament	Alcohol Safety Education	Substance Misuse	Extremism in all its Forms	The Radicalisation Process	Mutual Respect and Tolerance	Hate Crime in the UK			Alternatives to going University.		
35											Knowing my own Strengths and Qualities		
36	The Monarchy and King Charles III	Elections and Campaigning	Child Exploitation and Online Protection	Grooming Boys and Girls	What is Terrorism?	Counter Terrorism	Democracy Explored	Individual Liberty			How to Produce a Compelling CV		
38											How to Answer Job Interview Questions.		
38											Career Possibilities in a Global Economy		